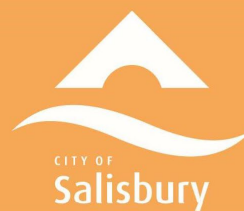




# COMMUNITY HEALTH & WELLBEING UPCOMING EVENTS



Living well

## WHAT'S ON IN JUNE AND JULY 2024

The City of Salisbury is pleased to offer a wide range of health and wellbeing events and activities, including many specifically for older people. If you would like to book online or receive this newsletter electronically please visit: [www.salisbury.sa.gov.au/CHWEvents](http://www.salisbury.sa.gov.au/CHWEvents)

*Note: Events may be subject to changes at short notice.*

### Burton Friendship Group Guest Speakers **Looking for a Job in Aged Care?**

Chat and learn in this Over 50's group.

**Wed 12 June: COTA SA Strength for Life**

**Wed 3 July: Home Fire Safety Plan: MFS**

**Wed 24 July: Sleep Apnoea Info Session: Karen Fox CLM Sleep**

Burton Community Hub (380 Waterloo Cnr Rd, Burton)  
Wednesdays 10am to 11.30am

Cost: First time FREE then \$3 or \$4

Bookings and Enquiries: 8406 8251

Attend an information session and workshop to learn about employment in the aged care sector, including entry-level job opportunities and preparation for speed date-style interviews at an expo.



### JYC Meet & Greet

Join us for a chat, cuppa, and insightful talks by guest speakers. Bookings essential.



**Mon 17 June: Strength for Life** – presented by COTA SA (Terrence Boswell)

**Mon 1 July: My Aged Care (MAC)**

**Mon 15 July: "Four Wheel Stories from Pakistan and Afghanistan"** by Grant Lock

**Mon 29 July: Stroke Foundation**

Jack Young Centre (2 Orange Ave, Salisbury)

Mondays 1pm to 3pm

Cost: First time FREE then \$3 or \$4

Bookings and enquiries: 8406 8525

**Get a job in Aged Care information sessions**

**Fri 14 June** (Salisbury Community Hub)

**Mon 8 July** (online)

Time: 10.30am to 11.30am

Cost: FREE

**Fri 12 July: Get Ready for a Job in Aged Care workshop**

Salisbury Community Hub (34 Church St, Salisbury)

Time: 9.30am to 4.00pm

Cost: FREE

**Fri 26 July: Aged Care Career and Volunteer Connect Expo**

Salisbury Community Hub, 34 Church St, Salisbury

Time: 9.45am to 12noon

Cost: FREE

Bookings: [www.salisbury.sa.gov.au/events](http://www.salisbury.sa.gov.au/events)

Enquiries: 8406 8364 (Susantha)

## Burton Communal Garden Over 50's Program

Connect with other gardeners and share the job of working with plants.

### Friends of Nature

Wed 12 June, Wed 19 June,  
Wed 26 June  
Time: 9.30am to 11.30am



### Pottering in the Garden

Wed 12 June, Wed 19 June, Wed 26 June  
Time: 9am to 12noon

### Food Gardener Tips Talk

Wed 12 June: Worm Farms and Composting  
Wed 26 June: Winter Growing Fruit trees  
Time: 1pm to 2.30pm

### Seed 'n' Seedlings

Wed 12 June and Wed 26 June  
Time: 9.30am to 11.30am

### Gardener's Gathering: Building up the soil

Wed 19 June, 1pm to 2.30pm

### *Mini Shed making and creating activities*

Tuesdays and Thursdays 9.30am to 11.30am

### *Make or Fix It! Learn basic tool use*

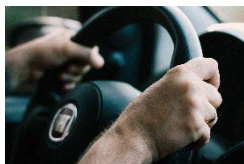
Tuesdays 11am to 12.30pm  
Wednesdays 9am to 11.30pm

Burton Community Hub (380 Waterloo Cnr Rd, Burton)  
Cost: First time FREE then \$4  
Enquiries: 8487 1820

## Guest Speakers at Para Hills

Come chat and learn over morning tea.

**Fri 28 June: Older Road Users Road Safety Session** (presented by SAPOL)



**Fri 12 July: Ian Loxton: Family Tree**

**Fri 26 July: My Aged Care**

Para Hills Seniors Centre (located within Para Hills Community Hub, 22 Wilkinson Rd, Para Hills)  
Time: 10.30am to 11.30am  
Cost: \$2 for morning tea  
Bookings and Enquiries: 8406 8587

## Community Health Expo



FREE Health advice expo showcasing medical and allied health providers across the Salisbury City Centre and the City of Salisbury, including: Men's & Women's Health, Aged Care, Dental, Hearing, Immunisation, Medical, Mental Health, Nutrition, Optometry, Pharmacy, Physio, Podiatry, Community Health & Wellbeing and more.

**Thu 20 June 10am to 1pm**

Salisbury Community Hub (34 Church St, Salisbury)  
Cost: FREE  
Enquiries: 0401 984 767 (David)

## Come and Try Belly Dancing

Dancing is the ultimate freedom, connecting with yourself and the rhythm. Claire, an advocate for individuality, creates a supportive atmosphere, encouraging dancers to achieve their goals and take pride in their progress. This event is for people of all ages and backgrounds sharing their love of dance.

**Thu 25 July 10.15am to 11am**

Para Hills Community Hub (22 Wilkinson Rd, Para Hills)  
Cost: FREE  
Bookings and Enquiries: 8406 8587

**For regular activities for people aged 50+, check out the program of activities available at these centres.**

**Jack Young Centre (JYC)** – 2 Orange Avenue, Salisbury. Website: [www.salisbury.sa.gov.au/jyc](http://www.salisbury.sa.gov.au/jyc)  
Phone 8406 8525 or email [jyc@salisbury.sa.gov.au](mailto:jyc@salisbury.sa.gov.au)

**Para Hills Seniors Centre (PHSC)**  
Located within Para Hills Community Hub, Wilkinson Road, Para Hills.  
Phone 8406 8587 or [www.salisbury.sa.gov.au/phsc](http://www.salisbury.sa.gov.au/phsc)

If you would like to receive this newsletter electronically every month please visit:

[www.salisbury.sa.gov.au/CHWEvents](http://www.salisbury.sa.gov.au/CHWEvents)

or send your details to Arlene at  
[ajasper@salisbury.sa.gov.au](mailto:ajasper@salisbury.sa.gov.au)